Tuesday's Dance



编舞者: Kathryn Rowlands (WLS) - April 2017

音乐: Shadows In the Night - Scooter Lee: (CD: The Best of)



Or use any cha-cha-rhythm music that is not too fast.

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1&2	Step right foot forward, left foot forward beside right, right foot back
3&4	Step left foot back, right foot back beside left, left foot forward
5-6	Rock right foot to right side, recover onto left

7&8 Step right-left-right in place [12:00]

[9-16] Side Mambo Step x2, Rock Step, Triple Step

1&2	Rock left foot to left side, recover onto right, step left beside right
3&4	Rock right foot to right side, recover onto left, step right beside left
5-6	Rock left foot to left side, recover onto right

7&8 Step left-right-left in place [12:00]

[17-24] Rock Step and Coaster x2

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1-2	Rock right foot forward, recover onto left			
3&4	Step right foot back, left foot back beside right, step right foot forward			
5-6	Rock left foot forward, recover onto right			
7&8	Step left foot back, right foot back beside left, step left foot forward [12:00]			
[25-32] Mambo Step x2, Pivot Turn x2 [Paddles]				
1&2	Rock right foot forward, recover onto left, step right foot beside left			
3&4	Rock left foot back, recover onto right foot, step left foot beside right			
5-6	Step right foot forward, turn 1/8 left on balls of both feet			
7-8	Step right foot forward, turn 1/8 left on balls of both feet [9:00]			

Begin again

Choreographers note:

This dance was choreographed for my beginners classes, to teach the difference between Coaster and Mambo steps, and to accustom the beginners to syncopated steps.

Many thanks to a keen class member who suggested the name!